Thinking of you
Electrolux

EME31151

EN MICROWAVE OVEN

USER MANUAL

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CUSTOMER CARE AND SERVICE

We recommend the use of original spare parts.
When contacting Service, ensure that you have the following data available.
The information can be found on the rating plate. Model, PNC, Serial Number.

Warning / Caution-Safety information

General information and tips

Environmental information

Subject to change without notice.

1. SAFETY INFORMATION

Before the installation and use of the appliance, carefully read the supplied instructions. The manufacturer is not responsible if an incorrect installation and use causes injuries and damages. Always keep the instructions with the appliance for future reference.

1.1 Children and vulnerable people safety

⚠ **WARNING!**
Risk of suffocation, injury or permanent disability.

- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they are supervised by an adult or a person who is responsible for their safety.
- Do not let children play with the appliance. Children under 3 years must not be left unsupervised in the vicinity of the appliance.
- Keep all packaging away from children.
- Keep children and pets away from the appliance when it operates or when it cools down. Accessible parts are hot.
- If the appliance has a child safety device, we recommend that you activate it.
- Cleaning and user maintenance shall not be made by children without supervision.
- Keep the appliance and its cord out of reach of children less than 8 years.

1.2 General Safety

- This appliance is intended to be used in household and similar applications such as:
  – staff kitchen areas in shops, offices and other working environments;

  - farm houses;
  - by clients in hotels, motels and other residential environments;
  - bed and breakfast type environments.
- Internally the appliance becomes hot when in operation. Do not touch the heating elements that are in the appliance. Always use oven gloves to remove or put in accessories or ovenware.
- Do not use a steam cleaner to clean the appliance.
- Before maintenance cut the power supply.
- If the door or door seals are damaged, the appliance must not be operated until it has been repaired by a competent person.
- The appliances are not intended to be operated by means of an external timer or separate remote-control system.
- Only a competent person can carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
- Do not heat liquids and other foods in sealed containers. They are liable to explode.
- Only use utensils that are suitable for use in microwave ovens.
- When heating food in plastic or paper containers, keep an eye on the appliance due to the possibility of ignition.
- The appliance is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
- If smoke is emitted, switch off or unplug the appliance and keep the door closed in order to stifle any flames.

- Microwave heating of beverages can result in delayed eruptive boiling. Care must be taken when handling the container.
- The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
- Eggs in their shell and whole hard-boiled eggs should not be heated in the appliance since they may explode, even after microwave heating has ended.
- The appliance should be cleaned regularly and any food deposits removed.
- Failure to maintain the appliance in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
- The temperature of accessible surfaces may be high when the appliance is operating.
- The microwave oven shall not be placed in a cabinet unless it has been tested in a Cabinet.
- The rear surface of appliances shall be placed against a wall.
- Do not use harsh abrasive cleaners or sharp metal scrapers to clean the glass door since they can scratch the surface, which may result in shattering of the glass.
- If the supply cord is damaged, it must be replaced by the manufacturer, an authorized Service or similarly qualified persons in order to avoid a hazard.

2. ⚠ SAFETY INSTRUCTIONS

2.1 Installation

⚠ **WARNING!**
Only a qualified person must install this appliance.

- Remove all the packaging.
- Do not install or use a damaged appliance.
- Obey the installation instruction supplied with the appliance.
- The appliance can be placed almost anywhere in the kitchen. Make sure the oven is placed on a flat, level surface and that vents as well as the surface

underneath the appliance are not blocked (for sufficient ventilation).

Electrical connection

WARNING!
Risk of fire and electrical shock.

- All electrical connections should be made by a qualified electrician.
- The appliance must be earthed.
- Make sure that the electrical information on the rating plate agrees with the power supply. If not, contact an electrician.
- If the appliance is connected to the socket via an extension cord, make sure the cord is earthed.
- Make sure not to cause damage to the mains plug and to the mains cable. Contact the Service or an electrician to change a damaged mains cable.
- Do not pull the mains cable to disconnect the appliance. Always pull the mains plug.

2.2 Use

WARNING!
Risk of injury, burns or electric shock or explosion.

- Use this appliance in a household environment.
- Do not change the specification of this appliance.
- Make sure that the ventilation openings are not blocked.
- Do not let the appliance stay unattended during operation.
- Do not apply pressure on the open door.
- Do not use the appliance as a work surface and do not use the cavity for storage purposes.

2.3 Care and Cleaning

WARNING!
Risk of injury, fire or damage to the appliance.

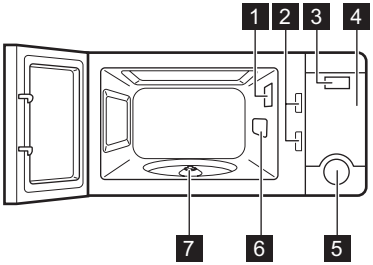
- Before maintenance, deactivate the appliance and disconnect the mains plug from the mains socket.
- Clean regularly the appliance to prevent the deterioration of the surface material.
- Do not allow food spills or cleaner residue to accumulate on door sealing surfaces.
- Remaining fat or food in the appliance can cause fire.
- Clean the appliance with a moist soft cloth. Only use neutral detergents. Do not use abrasive products, abrasive cleaning pads, solvents or metal objects.
- If you use an oven spray, obey the safety instructions on the packaging.

2.4 Disposal

WARNING!
Risk of injury or suffocation.

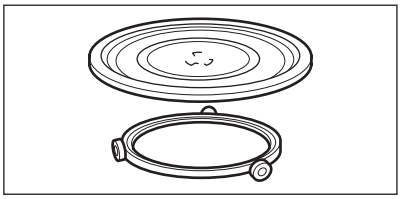
- Disconnect the appliance from the mains supply.
- Cut off the mains cable and discard it.

3. PRODUCT DESCRIPTION



1 Lamp
2 Safety interlock system
3 Display
4 Control panel
5 Door opener
6 Waveguide cover
7 Turntable shaft

3.1 Accessories



Turntable set
Glass cooking tray and roller guide.

Always use the turntable set to prepare food in the appliance.

4. BEFORE FIRST USE

WARNING!
Refer to the Safety chapters.

4.1 Initial Cleaning

- Remove all parts from the appliance.
- Clean the appliance before first use.

Refer to chapter "Care and Cleaning".

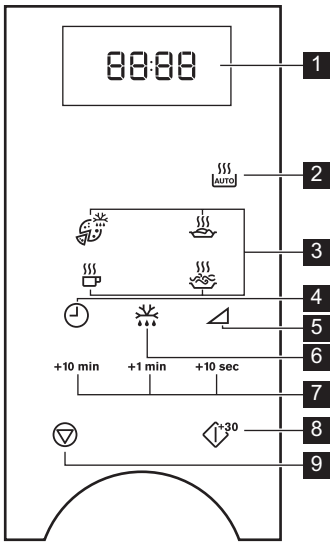
4.2 Setting the time

When you connect the appliance to the electrical supply or after a power cut, display shows **: 0**.

1. Touch ⏲ once for a 12 hour clock system or twice for a 24 hour clock system.
2. Touch the Time Set pads to enter the correct time.
3. Touch ⏲ to confirm.

If you enter an incorrect time the error signal sounds. Touch ⏲ and re-enter the time.
If the time is not set, display shows **: 0** when the appliance is not in use.

5. CONTROL PANEL



	Symbol	Function	Description
1	—	Display	Shows the settings and current time.
2	AUTO	Auto Cook	To cook or reheat favorite foods.
3	**One Touch pads**		
		Frozen Pizza	To cook or reheat specific quantities of food.
		Beverage	
		Dinner Plate	
		Pasta	
4		Clock	To set the clock.
5		Power	To set a power level.
6		Defrost	To defrost food by weight or time.

	Symbol	Function	Description
7	**Time Set pads**		
	+10 min +1 min +10 sec	To set the current time and cooking time (maximum 59 min 90 sec).	
8		Start / +30 sec	To start the oven or increase the cooking time for 30 seconds at full power. The cooking time increases by 30 seconds, to a maximum time of 5 minutes, with each additional touch of the pad.
9		Stop / Clear	To deactivate the appliance or delete the cooking settings.

6. DAILY USE

WARNING!
Refer to the Safety chapters.

6.1 Activating and deactivating the appliance

1. Touch the pad with the function you want to activate.
2. To set the time touch the Time Set pads.
3. Touch +30 to activate the appliance.
4. To deactivate the appliance you can:
   - wait until the appliance deactivates automatically when the time comes to an end.
   - push the door opener. The appliance stops automatically. Close the door to continue cooking. Use this option to inspect the food.
   - touch ⊽ .

To erase all the settings, touch ⊽ one more time.
When the appliance deactivates automatically 3 beeps sound.

CAUTION!
Do not let the appliance operate when there is no food in it.

Each time a pad is touched, you hear a beep sound.
The appliance is set to cook on full power unless you set a lower power level.
The display shows the present time when the cooking time ends.

6.2 General information about using the appliance

General:

- After you deactivate the appliance, let the food stand for some minutes.
- Remove the aluminium foil packaging, metal containers, etc. before you prepare the food.

Cooking:

- If possible, cook food covered with material suitable for use in the microwave. Only cook food without a cover if you want to keep it crusty
- Do not overcook the dishes by setting the power and time too high. The food can dry out, burn or catch fire in some places.
- Do not use the appliance to cook eggs or snails in their shells, because they can explode. With fried eggs, pierce the yolks first.
- Prick food with "skin" or "peel", such as potatoes, tomatoes, sausages, with a fork several times before cooking so that the food does not explode.

- For chilled or frozen food, set a longer cooking time.
- Dishes which contain sauce must be stirred from time to time.
- Vegetables that have a firm structure, such as carrots, peas or cauliflower, must be cooked in water.
- Turn larger pieces after half of the cooking time.
- If possible, cut vegetables into similar-sized pieces.
- Use flat, wide dishes.
- Do not use cookware made of porcelain, ceramic or earthenware with small holes, e. g. on handles or unglazed bottoms. Moisture going into the holes can cause the cookware to crack when it is heated.
- The glass cooking tray is a work space for heating food or liquids. It is necessary for the operation of the microwave.

Defrosting meat, poultry, fish:

- Put the frozen, unwrapped food on a small upturned plate with a container below it so that the defrosting liquid collects in the container.
- Turn the food after half of the defrosting time. If possible, divide and then remove the pieces that started to defrost.

Defrosting butter, portions of gateau, quark:

- Do not fully defrost the food in the appliance, but let it defrost at room temperature. This gives a more even result. Fully remove all metal or aluminium packaging before defrosting.

Defrosting fruit, vegetables:

- Do not fully defrost fruit and vegetables, which are to be further prepared while raw, in the appliance. Let them defrost at room temperature.
- You can use a higher microwave power to cook fruit and vegetables without defrosting them first.

Ready meals:

- You can prepare ready meals in the appliance only if their packaging is suitable for microwave use.
- You must follow the manufacturer's instructions printed on the packaging (e.g. remove the metal cover and pierce the plastic film).

Suitable cookware and materials

Cookware / Material	Microwave		
	Defrosting	Heating	Cooking
Ovenproof glass and porcelain (with no metal components, e.g. Pyrex, heat-proof glass)	X	X	X
Non-ovenproof glass and porcelain 1)	X	--	--
Glass and glass ceramic made of ovenproof / frost-proof material (e.g. Arcoflam), grill shelf	X	X	X
Ceramic 2), earthenware 2)	X	X	X
Heat-resistant plastic up to 200 °C 3)	X	X	X
Cardboard, paper	X	--	--
Clingfilm	X	--	--
Roasting film with microwave safe closure 3)	X	X	X
Roasting dishes made of metal, e.g. enamel, cast iron	--	--	--

Cookware / Material	Microwave		
	Defrosting	Heating	Cooking
Baking tins, black lacquer or silicon-coated [3]	--	--	--
Baking tray	--	--	--
Browning cookware, e.g. Crisp pan or Crunch plate	--	X	X
Ready meals in packaging [3]	X	X	X

[1] With no silver, gold, platinum or metal plating / decorations

[2] Without quartz or metal components, or glazes which contain metals

[3] You must follow the manufacturer's instructions about the maximum temperatures.

X suitable
-- not suitable

6.3 Power setting table

The maximum power output is 1000 W. The table shows the approximate percentage of power for each function.

Touch the Power pad	Power setting	Approximate Percentage of Power
1 time	P-HI	100 %
2 times	P-90	90 %
3 times	P-80	80 %
4 times	P-70	70 %
5 times	P-60	60 %
6 times	P-50	50 %
7 times	P-40	40 %
8 times	P-30	30 %
9 times	P-20	20 %
10 times	P-10	10 %
11 times	P-00	0 %

6.4 Defrosting

You can choose between 2 defrosting modes:

- Weight defrosting
- Time defrosting

Weight and time defrosting

1. Touch ❄ once to set the weight defrosting or twice for time defrosting.
2. Touch the Time Set pads to input the desired weight or time.
3. Touch ⏱30 to confirm and start the appliance.

For weight defrosting the time is set automatically. Weight defrosting should not be used on food that is left out of the freezer for more than 20 min, or for frozen ready-made food.

The display counts down the time. When you hear an acoustic signal during defrosting, turn over or rearrange the food.

To activate weight defrosting you must use more than 200 g of food and less than 3000 g.

6.5 Cooking

You can cook food in one or two stages. Cooking in two stages includes defrosting.

Cook all frozen foods in two stages.

Cooking in two stages:

1. Touch and set the defrosting mode.
2. Touch the Time Set pads to set defrosting time or food weights.
3. Touch and select the desired power level.
4. Touch the Time Set pads to input the time.
5. Touch +30 to confirm and start the appliance.

When you hear an acoustic signal during defrosting, turn over or reposition the food.
To cook in one stage skip step 1 and 2.

7. AUTOMATIC PROGRAMMES

WARNING!
Refer to the Safety chapters.

7.1 Auto Cooking

You can easily cook or reheat favorite food using Auto Cooking function.

Repeatedly touch AUTO to select food category. Then touch +30 to confirm and start the appliance.

Display	Food category	Amount
AC-1	Bread	4 pieces
AC-2	Soup	350 g
AC-3	Potato	3 medium sized
AC-4	Fresh vegetable	200 g
AC-5	Frozen vegetable	200 g

7.2 One Touch Cooking

You can cook or reheat foods by the touch of just one pad.
Repeatedly touch the desired pad to increase the amount of food. The display shows the selected amount. After 1.5 seconds the appliance starts cooking.

Symbol		Amount of food
	Beverage	1 – 3 cups
	Frozen Pizza[1)]	200 g / 400 g
	Dinner Plate	350 g / 450 g
	Pasta[2)]	1 – 2 serving

1) Use only frozen pizza made for microwave ovens. Use only one frozen pizza at a time.

2) Place pasta into a double amount of water. Cover with lid or plastic wrap. Stir after cooking. Let the food stand 3 to 5 minutes.

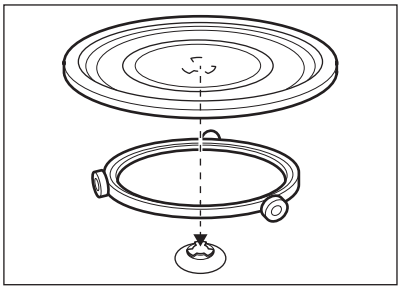
8. USING THE ACCESSORIES

WARNING!
Refer to the Safety chapters.

CAUTION!
Do not cook food without the turntable set. Use only the turntable set provided with the appliance.

Never cook food directly on the glass cooking tray.

8.1 Inserting the turntable set



1. Place the roller guide around the turntable shaft.
2. Place the glass cooking tray on the roller guide

9. ADDITIONAL FUNCTIONS

9.1 Child Safety Lock

The Child Safety Lock prevents an accidental operation of the appliance.
To activate or deactivate the Child Safety Lock touch and hold ▽ for 3 seconds, until you hear a beep sound.
When the Child Safety Lock is on, display shows the current time. If you touch any key, display shows **Loc**.

9.2 Power Save Mode

The appliance contains features which help you save energy during everyday cooking.

To activate or deactivate Power Save Mode:

1. Touch ▽ .
2. Touch and then hold ◷ for 3 seconds. The beep sounds and the display turns off.

Touch any pad to operate the oven in Power Save Mode. The display turns on. If there is no operation within 10 seconds, the display turns off.

10. HELPFUL HINTS AND TIPS

10.1 Tips for the microwave

Problem	Remedy
You cannot find details for the amount of food prepared.	Look for a similar food. Increase or shorten the length of the cooking times according to the following rule: **Double the amount = almost double the time**, **Half the amount = half the time**
The food got too dry.	Set shorter cooking time or select lower microwave power.
The food is not defrosted, hot or cooked after the time came to an end.	Set longer cooking time or set higher power. Note that large dishes need longer time.
After the cooking time comes to an end, the food is overheated at the edge but is still not ready in the middle.	Next time set a lower power and a longer time. Stir liquids halfway through, e.g. soup.

To get better results for rice use a flat, wide dish.

The power setting and time in the cooking tables are guidelines only. They depend on the recipe, quality, quantity and temperature of the used ingredients.

10.2 Defrosting

Always defrost roast with the fat side down.

Do not defrost covered meat because this may cause cooking instead of defrosting.
Always defrost whole poultry breast side down.
When you hear an acoustic signal, turn over or rearrange the food.
If there are any icy areas after defrosting, allow the food to stand for 5 – 60 minutes.

Beef

Food	Weight (g)	Power Setting	Time (min)	Comments
Minced beef	450	Defrost	7 – 9	Break apart and remove defrosted pieces.
Stewing meat	675	Defrost	12 – 14	Divide and change position of the food pieces.
Patties	450 (110 g each)	Defrost	5 – 7	Turn over after half of the time.
Steak	200	Defrost	2 – 4	Break apart and remove defrosted pieces. Turn over after half of the time.

Food	Weight (g)	Power Setting	Time (min)	Comments
Goulash	500	Defrost	6 – 8	Divide and change position of the meat. Remove defrosted pieces
Sliced sausage	100	Defrost	2 – 3	Turn over after half of the time.

Pork

Food	Weight (g)	Power Setting	Time (min)	Comments
Spareribs	450	Defrost	7 – 9	Divide and change position of the food pieces.
Chops	500 (125 g each)	Defrost	7 – 9	Divide and turn over the food pieces
Minced pork	450	Defrost	5 – 7	Break apart and remove defrosted pieces.
Goulash	500	Defrost	6 – 8	Divide and change position of the meat. Remove defrosted pieces

Poultry

Food	Weight (g)	Power Setting	Time (min)	Comments
Whole chicken	1125	Defrost	20 – 23	Turn over after half of the time. Cover with aluminium foil if needed.
Chicken breasts	450	Defrost	6 – 8	Divide and change position of the food pieces.
Diced chicken	900	Defrost	16 – 18	Divide and change position of the food pieces.
Chicken thighs	675	Defrost	13 – 15	Divide and change position of the food pieces.

Fish and seafood

Food	Weight (g)	Power Setting	Time (min)	Comments
Whole fish	450	Defrost	6 – 8	Turn over after half of the time. Cover with aluminium foil if needed.
Fish fillets	675	Defrost	11 – 13	Divide and turn over the food pieces.
Shrimps	225	Defrost	3 – 5	Divide and change position of the food.

Dairy products

Food	Weight (g)	Power Setting	Time (min)	Comments
Quark	250	Defrost	1 – 2	Remove aluminium parts, turn halfway through
Butter	250	Defrost	1 – 2	Remove aluminium parts, turn halfway through
Cheese	250	Defrost	1 – 2	Remove aluminium parts, turn halfway through
Cream	200	Defrost	1 – 2	Remove aluminium parts, turn halfway through

Cakes / pastries

Food	Weight (g)	Power Setting	Time (min)	Comments
Cheesecake	1 piece	Defrost	1	Turn around after half of the time.
Cake (gateau)	1 piece	Defrost	1	Turn around after half of the time.
Dry cake (e.g. Pound cake)	1 piece	Defrost	0:50 – 1	Turn around after half of the time.
Fruit cake	1 piece	Defrost	0:50 – 1	Turn over after half of the time.
Sliced bread	300	Defrost	1:30 – 2	Turn over after half of the time.
Bread rolls	4 rolls	Defrost	1 – 2	Turn over after half of the time.

Fruits

Food	Weight (g)	Power Setting	Time (min)	Comments
Strawberries	300	Defrost	3 – 4	Stir halfway through
Plums, cherries, raspberries, black- currants, apricots	250	Defrost	2 – 3	Stir halfway through

10.3 Cooking

Always remove chilled meat and poultry from the refrigerator at least 30 minutes before cooking.
Let the meat, poultry, fish and vegetables stay covered after cooking.
Brush a little oil or melted butter over the fish.

Add 30 – 45 ml of cold water for every 250 g of vegetables unless the table states differently. Cut the fresh vegetables into even size pieces before cooking. Cook all vegetables with a cover on the container. Allow vegetables to stay covered for 3 minutes.

Meat

Food	Weight (g)	Power Setting	Time (min)	Comments
Beef joint: - Rare - Medium - Well done	450	P-80	6 – 8 7 – 9 9 – 11	Cook covered. Turn the food over several times during cooking.
Pork joint	450	P-HI	10 – 13	Cook covered. Turn the food over several times during cooking.
Bacon joint	450	P-HI	8 – 10	Cook covered. Turn the food over several times during cooking.

Poultry

Food	Weight (g)	Power Setting	Time (min)	Comments
Whole chicken	900	P-HI	4 – 9	Cook covered. Turn the food over several times during cooking.
Diced chicken	450	P-80	5 – 7	Cook covered. Turn the food over several times during cooking.

Food	Weight (g)	Power Setting	Time (min)	Comments
Chicken breast (boned)	450	P-80	6 – 8	Cook covered. Turn the food over several times during cooking.

Fish

Food	Weight (g)	Power Setting	Time (min)	Comments
Fish fillets	450	P-HI	3 – 5	Cook covered. Turn the food over several times during cooking.
Whole mackerel (cleaned and prepared)	450	P-HI	3 – 5	Cook covered. Turn the food over several times during cooking.
Whole Trout (cleaned and prepared)	450	P-HI	4 – 6	Cook covered. Turn the food over several times during cooking.
Salmon stakes	450	P-HI	4 – 6	Cook covered. Turn the food over several times during cooking.

Fresh Vegetable

Food	Weight (g)	Power Setting	Time (min)	Comments
Broccoli	250 500	P-HI	2 – 3 4 – 6	Cook covered. Stir once during cooking and once after cooking.
Brussels sprouts	250	P-HI	3 – 4	Add 60 – 75 ml of water. Cook covered. Stir once during cooking and once after cooking.
Carrots	250	P-HI	2 – 3	Cook covered. Stir once during cooking and once after cooking.
Cauliflower	250 500	P-HI	2 – 3 4 – 6	Cook covered. Stir once during cooking and once after cooking.

Food	Weight (g)	Power Setting	Time (min)	Comments
Courgette	250	P-HI	2 – 3	Add 30 ml of water or 2 tablespoons of butter. Cook covered. Stir once during cooking and once after cooking.
Egg plant	250	P-HI	2 – 3	Cook covered. Stir once during cooking and once after cooking.
Leeks	250	P-HI	2 – 3	Cut into thick slices. Cook covered. Stir once during cooking and once after cooking.
Mushrooms	125 250	P-HI	1 – 2 2 – 4	Do not add any water. Cook covered. Stir once during cooking and once after cooking. Drain before serving.
Onions	250	P-HI	2 – 3	Add 15 ml of water. Cook covered. Stir once during cooking and once after cooking.
Pepper	250	P-HI	2 – 4	Cook covered. Stir once during cooking and once after cooking
Peeled potatoes	250 500	P-HI	4 – 6 7 – 9	Cook covered. Stir once during cooking and once after cooking
Potatoes in their jackets	800	P-HI	7 – 9	Cook covered, stir halfway through.
Cabbage	250	P-HI	4 – 6	Cook covered. Stir once during cooking and once after cooking.

Frozen Vegetables

Food	Weight (g)	Power Setting	Time (min)	Comments
Spinach	125	P-HI	1 – 2	Add 15 ml of water. Cook covered. Stir once during cooking and once after cooking
Broccoli	250	P-HI	2:30 – 4	Add 30 ml of water. Cook covered. Stir once during cooking and once after cooking
Peas	250	P-HI	2:30 – 4	Add 15 ml of water. Cook covered. Stir once during cooking and once after cooking
Green beans	250	P-HI	3 – 5	Add 30 ml of water. Cook covered. Stir once during cooking and once after cooking
Mixed vegetables (carrots / peas / corn)	250	P-HI	2:30 – 4	Add 15 ml of water. Cook covered. Stir once during cooking and once after cooking
Mixed vegetables (Chinese style)	250	P-HI	3 – 5	Add 15 ml of water. Cook covered. Stir once during cooking and once after cooking

Melting

Food	Weight (g)	Power Setting	Time (min)	Comments
Chocolate / Chocolate coating	150	P-70	1:30 – 2	Stir halfway through.
Butter	100	P-70	0:50 – 1	Stir halfway through.

10.4 Reheating

When you reheat packed ready meals always follow the instruction written on the packaging.

Food	Weight (g)	Power Setting	Time (min)	Comments
Baby food	128	P-HI	0:20	Stir halfway through. Check temperature!
Baby milk	100 ml 225 ml	P-HI	0:20 – 0:30 0:40 – 0:50	Put spoon into the bottle, stir and check temperature!
Sandwich roll or bun	1 roll	P-HI	0:20 – 0:30	Wrap in a paper towel and place the glass cooking tray. Do not use recycled paper towels.
Convenience food	400 - 500	P-70	5 – 7	Remove any aluminium lids. Turn halfway through
Frozen ready meals	400 - 500	P-70	6 – 8	Remove any aluminium lids. Turn halfway through
Lasagna	300	P-HI	4 – 6	Cover the food while cooking.
Casserole	1 cup 4 cups	P-HI	1:30 – 3 5 – 7	Cover the food while cooking. Stir halfway through.
Mashed potatoes	1 cup 4 cups	P-HI	2 – 3 6 – 8	Cover the food while cooking. Stir halfway through.
Baked beans	1 cup	P-HI	2 – 3	Cover the food while cooking. Stir halfway through.
Ravioli or pasta in sauce	1 cup 4 cups	P-HI	2 – 3 6 – 9	Cover the food while cooking. Stir halfway through.
Milk	200 ml	P-HI	1:10	Put spoon in the container.
Water	200 ml	P-HI	1:30	Put spoon in the container.
Sauce	200 ml	P-HI	1:30 – 1:50	Stir halfway through
Soup	300 ml	P-HI	2 – 2:30	Stir halfway through

11. RECIPES

The temperature and baking times in the tables are guidelines only. They depend on the recipes, quality and quantity of the ingredients used.

11.1 Breakfast

Omelettes

Ingredients:

- 15 g melted butter
- 4 eggs
- 6 tablespoons milk
- salt and pepper

Method:

Whisk together eggs, milk and season with salt and pepper. Coat the dish with the melted butter. Pour the omelette mixture into a flan dish. Cook on P-HI for 2 minutes, turn over the omelette and cook on P-HI for another 1 minute.

– Time in the appliance: 3 minutes in total

Scrambled eggs

Ingredients:

- 15 g melted butter
- 2 eggs
- 2 tablespoons milk
- salt and pepper

Method:

Mix together eggs, milk and melted butter and season them with salt and pepper. Cook on P-HI for 3 minutes stirring every 30 sec.

– Time in the appliance: 3 minutes in total

11.2 Dinner

Tomato soup with orange

Ingredients:

- 25 g melted butter
- 1 medium onion, chopped
- 1 large carrot
- 1 large potato, chopped
- 800 g canned tomatoes, chopped
- Juice and grated zest of 1 medium orange
- 900 ml of hot vegetable broth
- salt and pepper

Method:

Mix onion, carrot, potato and the melted butter and cook them on P-HI for 4 minutes. Stir after half of the time. Then add tomatoes, orange juice, orange zest and broth. Mix all together and season with salt and pepper. Cover the bowl and cook on P-HI for 15 minutes until vegetables are tender. Stir 2 – 3 times during cooking. Blend the soup and serve.

– Time in the appliance: 19 minutes in total

French onion soup

Ingredients:

- 1 large onion, sliced
- 1 tablespoon corn oil
- 50 g flour
- 1.2 l meat or vegetable broth
- 2 tablespoons parsley, chopped
- 4 thick slices of French bread
- 50 g cheese, grated

Method:

Mix together onion and corn oil in a bowl. Cook them on P-HI for 1 minute. Mix in flour and add broth gradually. Season with salt and pepper and add parsley. Cover the bowl and cook on P-70 for 16 minutes. Pour the soup into serving bowls, place the bread on top of them soup in each bowl and sprinkle it generously with cheese. Cook on P-70 for 2 minutes until the cheese melts.

– Time in the appliance: 19 minutes in total

Stir fried vegetables

Ingredients:

- 1 tablespoon sunflower oil
- 2 tablespoons soya sauce
- 1 tablespoon sherry
- 2.5 cm ginger root, peeled and grated
- 2 medium carrots, cut in small strips
- 100 g button mushrooms, chopped
- 50 g bean sprouts
- 100 g mangetout
- 1 red pepper, seeded and thinly sliced
- 4 spring onions, chopped
- 100 g canned water chestnuts, sliced

- 1 / 4 head of Chinese cabbage, thinly sliced

Method:
Mix together sunflower oil, soya sauce, sherry, ginger and carrots in a bowl. Cover it and cook on P-HI for 3 – 5 minutes. Stir once. Then add button mushrooms, bean sprouts, mangetout, red pepper, spring onions, water chestnuts and Chinese cabbage. Mix all together. Cook on P-HI for 5 – 6 minutes, until the vegetables are tender. Stir 2 – 3 times during cooking.

– Time in the appliance: 8 – 11 minutes in total

Honeyed chicken

Ingredients:

- 4 boneless chicken breasts
- 2 tablespoons honey
- 1 tablespoon whole grain mustard
- 1 / 2 tablespoon dried tarragon
- 1 tablespoon tomato puree
- 150 ml chicken broth
- salt and pepper

Method:
Place the chicken breasts in a casserole dish. Mix together all remaining ingredients. Pour them over the chicken. Season with salt and pepper. Cook on P-HI for 13 – 14 minutes. Change position of the chicken breasts and pour it with the sauce twice during cooking.

– Time in the appliance: 13 – 14 minutes in total

Jacket potatoes with blue cheese and chive

Ingredients:

- 2 potatoes, baked (250 g each)
- 50 g butter
- 100 g blues cheese, chopped
- 1 tablespoon fresh chives, chopped
- 50 g mushroom, sliced
- salt and pepper

Method:
Prick each potato. Cook on P-HI for 7 – 9 minutes. Halve and hollow the potatoes. Put the potato pulp, butter, cheese, chives, mushrooms into a bowl and mix it together. Season with salt and pepper. Put the mixture into the potato skins and place them in a flan dish. Cook on P-50 for 10 minutes.

– Time in the appliance: 17 – 19 minutes in total

White sauce

Ingredients:

- 25 g melted butter
- 25 g flour
- 300 ml milk
- salt and pepper

Method:
Mix together butter, flour and milk. Cook on P-HI for 3 – 4 minutes. Stir every 2 minutes until the sauce gets thick and smooth. Season with salt and pepper.

– Time in the appliance: 3 – 4 minutes in total

Savory mince

Ingredients:

- 1 small onion, chopped
- 1 garlic clove, crushed
- 1 teaspoon oil
- 200 g canned tomatoes, chopped
- 1 tablespoon tomato puree
- 1 teaspoon herb mix
- 225 g minced beef
- salt and pepper

Method:
Mix onion, garlic and oil in a caserolle dish. Cook on P-HI for 2 minutes or until it gets soft Then mix in all the other ingredients. Cover the caserolle dish and cook on P-HI for 5 minutes and then change to P-50 and cook for 8 – 13 minutes or until the meat is ready.

– Time in the appliance: 15 – 20 minutes in total

11.3 Desserts

Strawberry jam

Ingredients:

- 675 g strawberries, hulled
- 3 tablespoons lemon juice
- 675 g caster sugar

Method:
Put the strawberries and lemon juice into a large bowl. Heat them on P-HI for 4 minutes, or until the fruits are soft. Add the sugar and mix well. Cook on P-70 for 20 – 25 minutes until setting point is reached.

Stir every 4 – 5 minutes. Pour the jam into clean jars. Cover, seal and label.
To find the setting point place 1 teaspoon of jam into a chilled saucer. Allow it to stand for 1 minute. Then move the jam surface gently with your finger. If the surface of the jam wrinkles, you reached the setting point.

– Time in the appliance: 24 – 29 minutes in total

Plain microwave cake

Ingredients:

- 100 g margarine
- 100 g sugar
- 1 egg
- 100 g self raising flour, sifted
- 2 – 3 tablespoons milk

Method:

Cover the bottom of a cake dish with greaseproof paper. Whip the margarine with sugar until light and fluffy. Beat in the egg and gradually add the flour and milk alternately. Pour the dough into the prepared cake dish. Cook on P-HI for 4 – 5 minutes. Then prick the cake with a toothpick. If the toothpick is not clear, the cake is not ready yet. Let the cake stand in the appliance after cooking for additional 5 minutes.

– Time in the appliance: 9 – 10 minutes in total

12. CARE AND CLEANING

WARNING!
Refer to the Safety chapters.

Notes on cleaning:

- Clean the front of the appliance with a soft cloth with warm water and a cleaning agent.
- To clean metal surfaces, use a usual cleaning agent.
- Clean the appliance interior after each use. Then you can remove dirt more easily and it does not burn on.
- Clean stubborn dirt with a special cleaner.
- Clean all accessories regularly and let them dry. Use a soft cloth with warm water and a cleaning agent.
- To soften the hard to remove remains, boil a glass of water at full microwave power for 2 to 3 minutes.
- To remove odours, mix a glass of water with 2 tsp of lemon juice and boil at full microwave power for 5 minutes.

13. TROUBLESHOOTING

WARNING!
Refer to the Safety chapters.

Problem	Possible cause	Remedy
The appliance does not operate.	The appliance is deactivated.	Activate the appliance.
The appliance does not operate.	The appliance is not plugged in.	Plug in the appliance.
The appliance does not operate.	The fuse in the fuse box is blown.	Check the fuse. If the fuse blows more than one time, contact a qualified electrician.
The appliance does not operate.	The door is not closed properly.	Make sure that nothing blocks the door.

Problem	Possible cause	Remedy
The lamp does not operate.	The lamp is defective.	The lamp has to be replace.
There is sparking in the cavity.	There are metal dishes or dishes with metal trim.	Remove the dish from the appliance.
There is sparking in the cavity.	There are metal skewers or aluminium foil that touches the interior walls.	Make sure that the skewers and foil does not touch the interior walls.
The turntable set makes scratching or grinding noise.	There is an object or dirt below the glass cooking tray.	Clean the area below the glass cooking tray.
The appliance stop to operate without a clear reason.	There is a malfunction.	If this situation repeats call the customer service center.

If you cannot find a solution to the problem yourself, contact your dealer or the customer service centre.

The necessary data for the customer service center is on the rating plate on the appliance.

We recommend that you write the data here:

Model (MOD.) .....

Product number (PNC) .....

Serial number (S.N.) .....

14. INSTALLATION

CAUTION!
Do not block the air vents. If you do that, the appliance can overheat.

CAUTION!
Do not connect the appliance to adapters or extension leads. This can cause overloading and risk of fire.

- The appliance is for a kitchen counter top use only. It must be placed on a stable and flat surface.
- Put the appliance far away from steam, hot air and water splashes.
- If you transport the appliance in cold weather, do not activate it immediately after the installation. Let is stand in the room temperature and absorb the heat.

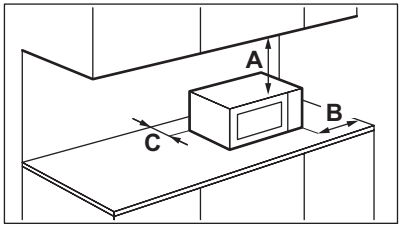
14.1 Electrical installation

WARNING!
Only a qualified person must do the electrical installation.

The manufacturer is not responsible if you do not follow the safety precautions from the chapter "Safety Information".

This appliance is supplied with a main cable and main plug.

CAUTION!
Minimum installation height is 85 cm.



Minimal distances

Dimension	mm
A	170
B	25
C	25

15. ENVIRONMENT CONCERNS

Recycle the materials with the symbol . Put the packaging in applicable containers to recycle it.
Help protect the environment and human health and to recycle waste of electrical and electronic appliances. Do not dispose appliances marked with the symbol with the household waste. Return the product to your local recycling facility or contact your municipal office.

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